



Did you know that your favorite type of pasta is probably also available made with whole grains? Its true, whole grains are a healthier alternative to the regular white flower version that some people may be used to. Other foods are also available made with whole grains, try: whole wheat pancakes, brown rice, whole grain crackers, whole grain bread and even whole grain cereals.


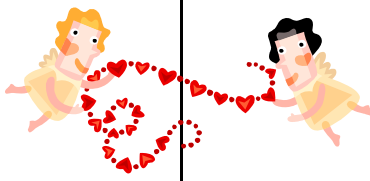



<u>LUNCH PRICES</u>	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

<u>ALL STUDENT LUNCH INCLUDES</u>
Skim Milk, 1% Milk or Strawberry,
Low Fat Chocolate Milk
100% Orange Juice

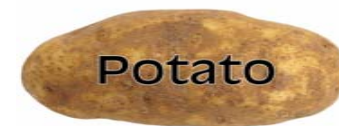
<u>Lunch Alternatives</u>
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
<b>5: Healthy Choice Salad</b>
Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.
<i>*Above served with low-moisture, part-skim mozzarella cheese, and whole wheat dinner roll and the remainder of the meal.</i>

Questions or comments on the Foodservice Program?  
Please call Kevin Silvia  
Food Service Director  
Whitson's Culinary Group  
"Bringing Fresh Ideas to the Table"

781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1. Steak N Cheese</b> Shredded beef on a roll with American cheese. Served w/Potato wedges <b>2. Turkey, Ham &amp; Cheese Grinder</b> Steamed Green Beans	<b>1. Gloria's Pizza</b> Whole Wheat Cheese Pizza Slice <b>2. Chicken Ranch Sandwich</b> Cucumber wheels WLF Dip	<b>1. Southwest Mac n Cheese</b> Macaroni & cheese w/ peppers & ham in a cheesy sauce. Served w/dinner roll <b>2. Roast beef on a Pretzel Bagel Garden Salad</b>	<b>Brunch for Lunch!</b> Pancakes served w/syrup served w/ scrambled eggs & sausage. <b>2. Egg Salad On a roll</b> Cupped Peaches & cream	<b>1. GloriasPizza</b> Cheese Pizza Slice <b>2. Ham &amp; Cheese Wrap</b>  Mixed Green Salad W/LF Dressing
<b>1. Soup N Sandwich</b> Grilled Ham & Cheese served w/ Chicken Noodle Soup. <b>2. Bagel Lunch</b> Bagel, cream cheese, fruit. Celery Sticks W/LF Dip	<b>1. Gloria's Pizza</b> Whole Wheat Cheese Pizza Slice <b>2. Turkey &amp; Cheese Wrap</b> Carrot Sticks WLF Dip	<b>1. Chicken Tenders</b> Breaded chicken tenders served w/ mashed potatoes <b>2. Turkey BLT Wrap</b> Caesar Salad	<b>1. Spagetti &amp; Meatballs</b> Spaghetti tossed in a marinara sauce served w/ meatballs & Breadstick. <b>2. Ham &amp; cheese Wrap</b> Garden Salad LF dressing	<b>Red Shirt Day</b> <b>1. Glorias Pizza</b> Cheese Pizza Slice <b>2. Chicken Ranch Sandwich</b> Seasoned Carrots
<b>School Vacation Week</b>	<b>School Vacation Week</b>	<b>School Vacation Week</b>	<b>School Vacation Week</b>	<b>School Vacation Week</b>
<b>NACHO NACHOS!</b> <b>1. Nacho Fiesta</b> Mexi-beef, shredded cheese, salsa & nacho chips. <b>2. Salami &amp; Cheese Bagel</b> Steamed Green Beans	<b>1. Gloria's Pizza</b> Whole Wheat Cheese Pizza Slice <b>2. Ham &amp; Cheese on a Pretzel Bagel</b> Caesar Salad W/Caesar Dressing	<b>1. Corn Dog</b> Breaded hot-dog served w/ BBQ dip served w/ rice & <b>2. Turkey &amp; Cheese Wrap</b> Peas & Carrots	<b>1. Chicken Dinner</b> Tender chicken in a lemon chicken sauce served w/ whipped Potatoes, cranberry sauce & dinner roll. <b>2. Chicken Salad Wrap</b>	<b>1. Glorias Pizza</b> Cheese Pizza Slice <b>2. Tuna Sub W/lettuce</b> Garden Salad W/LF Dressing
<b>National Tortilla Chip Day!</b>				
				

Fruit & Veggie Of The Month



### DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!  
All Products in our program have Zero Trans Fats!  
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!  
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.  
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!  
Our Ketchup is High Fructose Corn Syrup Free!  
We offer Only Low Fat Cheeses and Condiments!  
Vegetables are always fresh and crisp!  
Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!  
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

### Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00  
10 Lunches=30.00 30 Lunches= 90.00

### WE PURCHASE LOCAL!

\*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.  
Visit [www.Whitsons.com](http://www.Whitsons.com)

*\*If you have a food allergy, please speak to the owner, manager, chef or your server. \*Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \*Menu is subject to change, notice posted when available.*